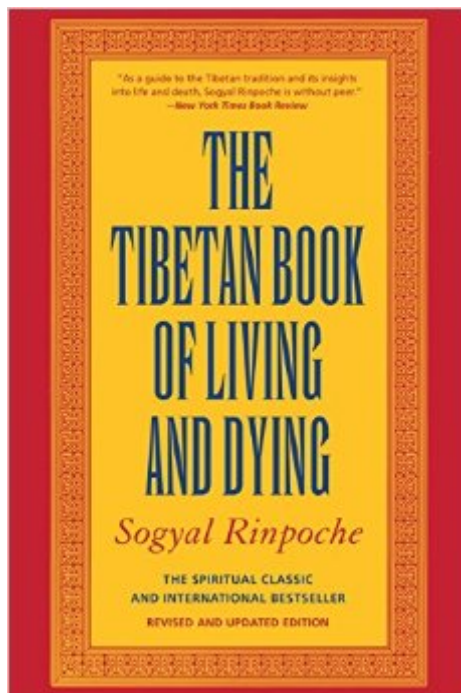


The book was found

# The Tibetan Book Of Living And Dying: The Spiritual Classic & International Bestseller: 20th Anniversary Edition



## Synopsis

â œA magnificent achievement. In its power to touch the heart, to awaken consciousness, [The Tibetan Book of Living and Dying] is an inestimable gift.â •â ”San Francisco Chronicle A newly revised and updated edition of the internationally bestselling spiritual classic, The Tibetan Book of Living and Dying, written by Sogyal Rinpoche, is the ultimate introduction to Tibetan Buddhist wisdom. An enlightening, inspiring, and comforting manual for life and death that the New York Times calls, â œThe Tibetan equivalent of [Danteâ ™s] The Divine Comedy,â • this is the essential work that moved Huston Smith, author of The Worldâ ™s Religions, to proclaim, â œI have encountered no book on the interplay of life and death that is more comprehensive, practical, and wise.â •

## Book Information

Paperback: 441 pages

Publisher: HarperSanFrancisco; Revised edition (June 26, 2012)

Language: English

ISBN-10: 0062508342

ISBN-13: 978-0062508348

Product Dimensions: 5.4 x 1.2 x 9.2 inches

Shipping Weight: 1.4 pounds (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 starsÂ Â See all reviewsÂ (424 customer reviews)

Best Sellers Rank: #5,544 in Books (See Top 100 in Books) #13 inÂ Books > Self-Help >

Relationships > Love & Loss #24 inÂ Books > Self-Help > Death & Grief #36 inÂ Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism

## Customer Reviews

My bookshelves are filled with books on many topics, including death and dying and spirituality -- this book might be the only book I really need. For years I have thought I must read the Tibetan Book of the Dead -- but whenever I tried, it was much too complicated for me to understand. Sogyal Rinpoche has written this book so that it is easily understood by anyone, even us Westerners, without compromising any of the Buddhist teachings it offers. In essence, we begin to die the moment we are born. We spend this life preparing to die well. Nothing is permanent, but we spend much of our lives filling our time with activities and pursuits that help us elude ourselves into thinking that what we see and touch is all that matters. Sogyal Rinpoche says, "To follow the path of wisdom has never been more urgent or more difficult. Our society is dedicated almost entirely to the

celebration of ego, with all its sad fantasies about success and power, and it celebrates those very forces of greed and ignorance that are destroying the planet. It has never been more difficult to hear the unflattering voice of the truth, and never more difficult, once having heard it, to follow it: because there is nothing in the world around us that supports our choice, and the entire society in which we live seems to negate every idea of sacredness or eternal meaning. So at the time of our most acute danger, when our very future is in doubt, we as human beings find ourselves at our most bewildered, and trapped in a nightmare of our own creation.

This book fully captures the essence of Tibetan Buddhism. I don't claim to be an authority on the subject, but I was born into a Buddhist household that has remained faithful and reverent to both Mahayana and Hiyana traditions of Buddhism. From the information I've had passed on to me by both family and Tibetan Buddhist clergy, this book has never been contradictory to anything lecture I've heard. In fact, everybody seems to recommend it enthusiastically! Essentially, according to Tibetan Buddhism, the purpose of living is to cultivate the mind and purify the body and soul to prepare for death. Westerners may, at first glance, find this philosophy morbid. However, we must remember that reincarnation is integral to Buddhist text (and most world religions, for that matter; the 'one life' theory is actually relatively new). Death is explained as a transitional period, like the end of a chapter to a book. To waste away ones life is like wasting away all your money without care for the future. Basically, this philosophy heavily emphasizes living in the present with thoughtfulness and offers a plethora of Buddhist insight into life and death. It also stresses the urgency of cultivation in a day and age when we disregard life, old age, and disease as trivial matters and nothing that science cannot combat. The Tibetan Book of Living and Dying is written by a Rinpoche. For those who are not familiar with Tibetan titles, a Lama is essentially a monk who has abandond wordly comforts for a spiritual pursuit, and a Rinpoche is a recognized reincarnation of an esteemed Lama. If you are a Buddhist, I highly recommend this book. It is enlightening, insightful, and an absolute must in any Buddhist library.

[Download to continue reading...](#)

The Tibetan Book of Living and Dying: The Spiritual Classic & International Bestseller: 20th Anniversary Edition Translating Buddhism from Tibetan: An Introduction to the Tibetan Literary Language and the Translation of Buddhist Texts from Tibetan The Tibetan Book of Living and Dying Tibetan Wisdom for Living and Dying Living Buddha, Living Christ 20th-Anniversary Edition Essentials in Hospice Palliative Care - Second Edition: A basic end-of-life manual explaining how to care for the dying and helps health care workers, family and patients deal with death and dying.

Frugal Living: 55 Tips to Save Money! Enjoy Living on a Budget, Become Debt Free, and Have Complete Financial Independence (Frugal Living Books, frugal living for dummies, frugal living made simple) The Bait of Satan, 20th Anniversary Edition: Living Free from the Deadly Trap of Offense Fascinating Womanhood: The Updated Edition of the Classic Bestseller That Shows You How to Strengthen Your Marriage and Enrich Your Life Perspective Without Pain (North Light 20th Anniversary Classic Editions) Making the Most of Your Money Now: The Classic Bestseller Completely Revised for the New Economy The Subtle Power of Spiritual Abuse: Recognizing and Escaping Spiritual Manipulation and False Spiritual Authority Within the Church The Egyptian Book of the Dead: 20th Anniversary Edition by James Wasserman (17-Feb-2015) Paperback Star Wars: Heir to the Empire (20th Anniversary Edition), The Thrawn Trilogy, Book 1 World Music Drumming: Teacher/DVD-ROM (20th Anniversary Edition): A Cross-Cultural Curriculum Enhanced with Song & Drum Ensemble Recordings, PDFs and Videos Taking Charge of Your Fertility, 20th Anniversary Edition: The Definitive Guide to Natural Birth Control, Pregnancy Achievement, and Reproductive Health Silencing the Past: Power and the Production of History, 20th Anniversary Edition Dancing Skeletons: Life and Death in West Africa, 20th Anniversary Edition Tibetan Art: Tracing the Development of Spiritual Ideals... Bluegrass: A HISTORY 20TH ANNIVERSARY EDITION (Music in American Life)

[Dmca](#)